

Physical Health Status

How many days during the past month was your physical health not good?

One or more “not good” physical health days in the past 30 days:

- In 2004, more than one-third of Montana adults (35%) indicated that their physical health was “not good” on one or more days in the previous month.
- More females (38%) than males (31%) reported that their physical health was “not good” on one or more days in the previous month.
- Adult Montanans with household incomes less than \$15,000 (48%) were more likely to report one or more days of “not good” physical health than any other income group.
- Two in three adult Montanans with disability (67%) reported their physical health was “not good” on one or more days in the previous month, whereas less than one in three without disability (27%) reported this.
- The prevalence of one or more days of “not good” physical health in the past month ranged from 29 percent in the Eastern Montana health planning region to 36 percent in the South Central Montana health planning region.

Fourteen or more “not good” physical health days in the past 30 days:

- Ten percent of the adult population in Montana reported having 14 or more “not good” physical health days in the past 30 days.
- Adults aged 55 and older (>15%) were more likely to have 14 or more poor physical health days in the past thirty days than adults aged 44 and younger ($\leq 7\%$).
- Education and income were inversely associated with 14 or more poor physical health days; that is, the lower the educational or income level, the higher the percent of poor physical health days.
- Persons with disability (37%) were significantly more likely to report “not good” physical health days in the past month than those adults without disability (4%).
- There were essentially no regional (9% to 11%) or racial differences (9% to 13%) in the percentages of adults reporting 14 or more poor physical health days.

[Table 3-a. Physical Health, Montana Adults, 2004]

[Figure 3-a. Self-Reported Health Status and One or More Days of Poor Health by Type, Montana Adults, 2000-2004]

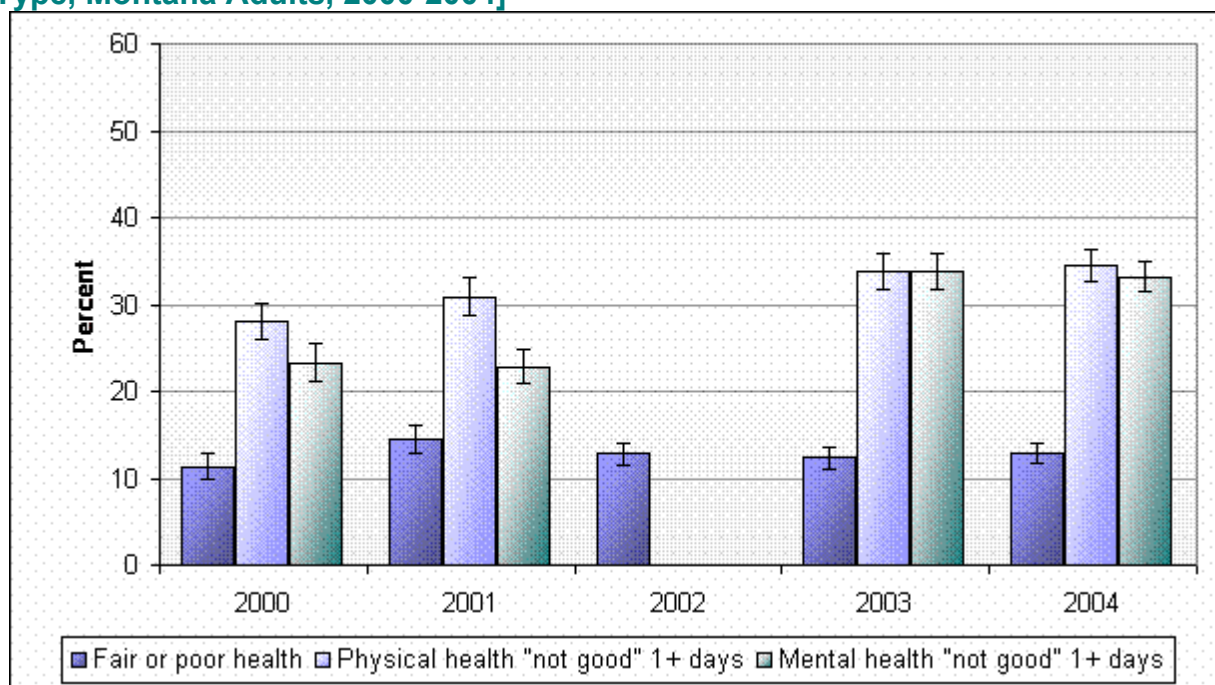


Figure 3-a. Self-Reported Health Status and One or More Days of Poor Health by Type, Montana Adults, 2000-2004.

[Figure 3-b. Self-Reported Health Status and 14 or More Days of Poor Health by Type, Montana Adults, 2000-2004]

Figure 3-b. Self-Reported Health Status and 14 or More Days of Poor Health by Type, Montana Adults, 2000-2004.